Suggested Usage: Take 1 softgel every 2 days with a fat-containing meal, or as directed by your healthcare practitioner.

Vitamin D softgels supply this key vitamin in a highly absorbable liquid softgel form. Vitamin D is normally obtained from the diet or produced by the skin from the ultraviolet energy of the sun. However, it is not abundant in food. As more people avoid sun exposure, Vitamin D supplementation becomes even more necessary to ensure that your body receives an adequate supply.\*

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.





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## VITAMIN D-3

5,000 IU



- In an Extra Virgin Olive Oil Base
- Active Ingredient D-3 Cholecalciferol from Lanolin

SOFTGELS

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 1 Softgel Servings per Container: 120

	Amount per Serving	% Daily Value
Vitamin D-3	125 mcg (5,000 IU)	625%
(as Cholecalcife)	rol) (from Lanolin)	

Other Ingredients: Softgel Capsule (gelatin, water, glycerin) and Organic Extra Virgin Olive Oil.

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens. Store in a cool, dry place after opening. Please Recycle.

Caution: For adults only. Do not exceed the recommended dose. Consult physician if pregnant/nursing, taking medication (especially topical psoriasis medications or thiazide diuretics), or have a medical condition (especially hypercalcemia, kidney disease, or hyperparathyroidism). Keep out of reach of children.